



THE
AYLSHAM
COMMUNITY
TRUST
(FAMILIES)

It takes a Whole Community to Educate a Child



February Half Term Rock Art and Vegetable Samosas Family Learning Activities



Rock Art

Are you ready to rock? Transform a simple rock into an incredible piece of art or an amazing creature.
All it takes is a rock a little paint and your imagination!

You will need:

- Rock/pebble
- Paint
- Brushes
- PVA Glue
- *Optional marker pen*



Method

1. Make sure that your rock is clean and dry.
2. Place a couple of pieces of paper on your table to avoid paint messing up your table!
3. Think about your design - you may like to draw it on paper before you start (there are plenty of ideas available on the internet).
4. Choose your base colour and then using a paint brush cover the top half of your rock with paint. Leave to dry.
5. You may like to repeat step 4. Several layers of paint will make the colour appear more vibrant.
6. Paint your design on the top of the rock always letting it dry between layers.
7. Once you have finished painting leave your decorated rock to dry and finish it off with a coat of PVA glue, this will protect your beautiful painted rock from the elements.

Tip: If you make a mistake, wipe it off or wash it away while the paint is still wet or simply paint over and start again.



Vegetable Samosas

These vegetable samosas are fun, easy and delicious.
They are perfect for snacks or lunch boxes.

Ingredients:

- 1 pack of filo pastry sheets
- Vegetable oil
- Melted butter
- 1 medium potato washed
- Half sweet potato washed
- 1 onion diced
- 1 clove of garlic finely grated
- 2-3 teaspoons curry powder
- 50g frozen peas defrosted



You will also need:

- Baking tray
- Pastry brush

**Important -If you have a food allergy/intolerance
please select appropriate ingredients**

Method

1. Wash the unpeeled potatoes and cut into large chunks, cook in boiled water (the sweet potato will take less time than the white potato so pop these pieces in the pan after the others have been cooking for 5 minutes) Once cooked allow to cool so that your child can help you chop them.
2. Preheat the oven to 190°C/170°C fan oven, gas mark 5.
3. Heat a drizzle of vegetable oil in a frying pan, gently cook the onion and the garlic. Stir in the curry powder and cook for another 3 minutes.
4. Once the potatoes have cooled pop the white potatoes out of the skins and dice them with a cutlery knife, add them to the spicy onion mixture. Mix well and stir in the peas.
5. Cut the filo sheets in a stack lengthways down the middle. Each samosas uses 1 sheet, 2 x strips of pastry. Take your first two strips lightly brush one with either melted butter or vegetable oil, place the second strip on top of the first and brush again.
6. Place a large tablespoon of the filling towards the end of the pastry strip nearest you, slightly to the left of the strip and just up from the bottom.
7. Now fold the bottom right hand corner up to cover the filling, fold over the wrapped filling to give a triangular shaped parcel.
8. Continue folding up the pastry strip ensuring the filling doesn't escape. Brush the completed parcel with melted butter or vegetable oil. Repeat to make more samosas.
9. Bake the samosas for 15 - 20 minutes until golden brown.

